

One of the Essentials

of the happy homes of to-day is a vast fund of information as to the best methods of promoting health and happiness and right living and knowledge of the world's best products.

Products of actual excellence and reasonable claims truthfully presented and which have attained to world-wide acceptance through the approval of the Well-Informed of the World; not of individuals only, but of the many who have the happy faculty of selecting and obtaining the best the world affords.

One of the products of that class, of known component parts, an Ethical remedy, approved by physicians and commended by the Well-Informed of the World as a valuable and wholesome family laxative is the well-known Syrup of Figs and Elixir of Senna. To get its beneficial effects always buy the genuine, manufactured by the California Fig Syrup Co., only, and for sale by all leading druggists.

The Simple Life

has for its basis PERFECT HEALTH. The clear brain, the healthy stomach, the bodily organs exercising in harmony, are the first essentials of a Simple Life—

A LIFE OF PEACE AND SATISFACTION.

No one can know the pure delight of simple living whose nervous system is kept in a state of tension by Constipation, Indigestion, Dyspepsia, Biliousness and other diseases due to inaction of the liver.

The Simple Way to seek the Simple Life is to seek the remedy for these conditions. This remedy has been found in our great product—

ST. JOSEPH'S Liver Regulator

(In Both Liquid and Powder Form.)

It has made life brighter and happiness and peace possible when all was dark and distressed. It reaches the centers of life and purifies them. It encourages the liver, stomach and bowels to a freer and more natural activity.

It is the Simple Way to a Simple Life of Health, Peace, Contentment.

Many persons attest this fact who have realized its truth by actual experience.

St. Joseph's Liquid Liver Regulator is prompt in action, exceedingly palatable and pleasant to the taste. It is sold by drug stores and dealers at 50 cents a bottle.

St. Joseph's Liver Regulator in powder form is put up in tight tin boxes and retails at 50 cents a box, five boxes for a dollar. It may be taken dry, or made into a tea or drink. Full directions accompany every bottle and box.

Gerstle Medicine Co.
Chattanooga, Tenn.

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Cold Drinks, Cigars, Tobacco

Home Bakery—Specialty: Hot Meals at all hours.

Give me a trial. Rich ave., next door to County Jail.

Dr J. W. Foster.

PHYSICIAN AND SURGEON.

DeLand, Fla.

Office at Residence, Howry Ave; Next to A. M. E. Church. Double fee charged for Night Calls, Which Will be Answered Promptly for Cash.

Office Hours. 8 to 10, 2 to 3, 5 to 7 to 8-30.

Plant Wood's Garden Seeds

FOR SUPERIOR VEGETABLES & FLOWERS.

Our business, both in Garden and Farm Seeds, is one of the largest in this country, a result due to the fact that

Quality is always our first consideration.

We are headquarters for Grass and Clover Seeds, Seed Oats, Seed Potatoes, Cow Peas, Soja Beans and other Farm Seeds.

Wood's Descriptive Catalogue is the best and most practical of seed catalogues. An up-to-date and recognized authority on all Garden and Farm crops. Catalogue mailed free on request. Write for it.

T. W. WOOD & SONS,
SEEDSMEN, • Richmond, Va

HYGIENIC INSTRUCTION IN SCHOOLS

(BY DR. HENRY BARTON JACOBS, Baltimore, Md.)

In order to control tuberculosis it will be necessary to rely in the last instance upon education.

Hospitals, sanatoria, dispensaries, camps may have great influence in alleviating or even curing those already infected with tuberculosis or other infectious diseases but their influence in checking the spread of that disease is to be found in education as to necessary precautions and the proper manner of life. These institutions, therefore, become schools in which hygiene is taught to their inmates. These, for the most part, are people already infected, though this educational influence extends to some friends and visitors of inmates and so reached those who are still well. But both of these classes, the inmates and their friends, belong to the adult population, those with conceptions and habits already formed, who take in new ideas less readily than more youthful minds. They belong to a generation which is passing rather than to a generation which is coming, and for these reasons these institutions have less effect upon the final solution of the tuberculosis problems than if their influence or that of other institutions could be directed upon the more youthful members of the community, the boys and girls of today, who constitute the coming generation of workers and of parents.

The public schools, academies and colleges are a series of institutions which are moulding the growing intelligence of the country, their pupils of today will be the men and women of tomorrow, and if in them the same kind of instruction in hygiene could be given in a practical, effective and convincing manner as is given to the patients in sanatoria, they would be sending out into the world a youth ready for the emergencies of life and with an understanding of how to avoid the preventable diseases. Until the schools make provision for this kind of teaching, it cannot be hoped to cope successfully with tuberculosis and the other infectious diseases. The teaching for the younger classes should be directed largely to the formation of automatic habits of hygiene, a love for cleanliness and neatness and the things of out-of-doors, and should proceed in daily lessons until every pupil at graduation should have as complete mastery of the fundamental rules of health as he has of spelling, reading or arithmetic. New text books must be written and teachers and school authorities with these new ideas found.

Never will the suppression of the preventable diseases be secured until the coming generation rather

ONE MILLION DOLLARS FOR A GOOD STOMACH

THIS OFFER SHOULD BE A WARNING TO EVERY MAN AND WOMAN.

The newspapers and medical journals recently have had much to say relative to a famous millionaire's offer of a million dollars for a new stomach.

This great multi-millionaire was too busy to worry about the condition of his stomach. He allowed his dyspepsia to run from bad to worse until in the end it became incurable.

His misfortune serves as a warning to others.

Everyone who suffers with dyspepsia for a few years will give everything he owns for a new stomach.

Dyspepsia is caused by an abnormal state of the gastric juices. There is one element missing. The absence of this destroys the function of the gastric fluids. They lose their power to digest food.

We are now able to supply the missing element—to restore the gastric juices their digestive powers, and to make the stomach strong and well.

We know that Rexall Dyspepsia Tablets will positively and permanently cure disordered stomachs, indigestion and dyspepsia.

We want you to try them and will return your money if you are not more than satisfied with the result.

Price, 25 cents. Only at our store, or by mail. G. W. Fisher, druggist, DeLand, Fla.

than the passing one is instructed in the proper methods to be pursued.

CORONADO

Last Thursday Mr. Gordon Silsby caught a shovel-nose shark 54 inches long and 20 pounds in weight. It was quite a curiosity, as many visitors had never seen one before.

Mr. J. M. Lowry, wife and two children, Mrs. Garvey and two children and Mr. Demaree, all from Wilmore, Kentucky, arrived Thursday and are located in C. F. Gray's big house. They expect to remain until the first of April.

Mr. Richman and wife, Mr. Brown and wife, Mr. Kershaw and Mrs. C. F. Gray walked to Brown's plantation about five miles south on the beach. They gathered many shells and spent a delightful day.

Mr. Corrigan and wife, Mr. E. Gibson and wife, from Cleveland, Ohio, are located in one of Lawyer's cottages.

We see Norman Berry around here Monday shaking hands with old friends. He has just returned from school up in Georgia.

The bridge was opened to foot passengers Monday and will be ready for teams Thursday. Every body on both sides of the river is glad to be able to cross at will.

Mrs. Compton and Mrs. Williams went up to Daytona one day this week to do some shopping.

Mr. Spencer returned, after a short stay at Steward, and says this place is good enough for him.

The Rev. Harris will preach here Sunday afternoon, so we have been informed. Everybody is welcome.

There is to be an ice cream social at the Atlantic House Friday, February 27, from 3 to 10 p. m. The musical program begins at 8 p. m. This is gotten up by the tourists for the benefit of the M. E. church. Everybody is invited and admission free.

Mr. Harry Arnold, from St. Louis, Mo., caught a big shark last Saturday. It was 5 feet long and gave him quite a struggle. Mr. Arnold is satisfied now and will leave for home Thursday with Mrs. Arnold.

Mr. Hallet and son, Mrs. Fordham, Mr. Black and wife, and Mr. and Mrs. Warren went down to Turtle Mound Tuesday to camp out for the night, and will return home Wednesday night. They all enjoyed the trip so much.

Dr. McDonald left Tuesday on the steamer Constitution for the trip south to Palm Beach and return.

While Mr. Richman and Mr. Cheeseman were walking on the beach away south they saw three bears at play in the sand and feeding on sand fleas. The gentlemen had only light canes with them and couldn't return home until the bears left the beach, which they did after a couple of hours.

Mr. Horrin, of Nilesville, Ky., is stopping at the Barber house for a short time.

Claude, Percy and Harold Vrooman went out on a hunting trip Saturday, returning Monday night. They brought home lots of ducks.

The bill requiring the registration of births and deaths in the whole state of Tennessee has passed the house and we hope it will become a law. Nothing has done the South more harm than the reckless and wholly unwarranted estimates of our death rate. Registration would show that the death rate of Tennessee is among the lowest in the United States.—Knoxville Sentinel.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Chas. H. Fletcher*

NOTICE OF STOCKHOLDERS' MEETING.

The annual meeting of the stockholders of The News Publishing Company will be held at the office of the company in DeLand, Florida, on Monday, March 8th, 1909, at 8:00 o'clock p. m., for the election of officers and such other business as may come before the meeting.

W. H. STEWART, Pres.
J. FRANK ALLDIS, Sec.
DeLand, Fla, Feb. 15, 1909.

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

The Kind You Have Always Bought

In Use For Over 30 Years.

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

Weak Women

frequently suffer great pain and misery during the change of life. It is at this time that the beneficial effect of taking Cardui is most appreciated, by those who find that it relieves their distress.

TAKE CARDUI

It Will Help You

Mrs. Lucinda C. Hill, of Freeland, O., writes: "Before I began to take Cardui, I suffered so badly I was afraid to lie down at night. After I began to take it I felt better in a week. Now my pains have gone. I can sleep like a girl of 16 and the change of life has nearly left me." Try Cardui.

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A SCHOOL FOR ALL DENOMINATIONS

COLLEGE OF LIBERAL ARTS—English Language and Literature; Latin, Greek, German, French, Spanish, Mathematics, Chemistry, Physics, Mechanics, History, Philosophy, Pedagogy, Political Economy, Biology, Geology, Physical Culture, Etc. In 1897, Stetson adopted the same requirements for admission and graduation that were held by the University of Chicago, and the two were affiliated.

COLLEGE OF LAW—Always strong. This College will be further strengthened in the Fall of 1908 by increasing the teaching force and by offering a two years' and a three years' course of study.

SCHOOL OF TECHNOLOGY—Civil, Electrical, Mechanical and Chemical Engineering courses leading to degrees.

COLLEGE FOR TEACHERS—A College course for teachers leading to a degree; a NORMAL SCHOOL for Florida school teachers; model schools in all the grades of the Public School, special emphasis being put on the 2nd and 8th grades; Kindergarten training school in separate building.

THE ACADEMY—Classical, Latin Scientific and Scientific courses in preparation for College. Stetson is especially strong in this work. Its students have gone to Harvard, Yale, Princeton, Cornell, Michigan and Chicago.

BUSINESS COLLEGE—Banking in all of its branches. Bookkeeping by best methods. Shorthand and Typewriting. Elective courses open in other Departments. Large faculty and commodious building.

SCHOOL OF MECHANIC ARTS—Woodworking, Iron Working and Manual Training. SCHOOL OF FINE ARTS—Drawing in Charcoal and Ink; Painting in Oil, Water Color and Pastels. New Studio, Costly Casts, Models, Etc.

SCHOOL OF MUSIC—A \$10,000.00 pipe organ, 15 pianos, separate building, large faculty, thorough courses; opportunities of hearing oratorios.

Stetson has a faculty of 48 professors and teachers. They hold degrees from the University of Chicago, Harvard, Yale, Columbia, Toronto, Wake Forest, Louisville, Bowdoin, Utrecht, Bucknell, University of Michigan, Denison, Arkansas, Kalamazoo, Baltimore and other institutions. There are over \$400,000.00 in buildings and equipment; nearly a quarter million dollar endowment; an endowed library of over 13,000 volumes; a beautiful chapel with costly furnishings, including stained glass windows, 7 oil paintings, a \$10,000.00 pipe organ; a Gymnasium with complete apparatus; an enclosed Athletic Field, running track, tennis courts, baseball diamond and gridiron, besides swimming pool, rowing and other sports, separate buildings for men and women; ten large laboratories for Chemistry, Physics, Bacteriology, Mineralogy and Biology; several large museums and shops; electric lights, electric bells, steam heat, cement walks, shell roads, broad avenues, spacious campus, shrubbery and trees; social, literary, musical and other students' clubs; star lecture courses; Christian and no sectarian teaching. The location is beautiful and healthful, and the expenses are low.

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LINCOLN HULLEY, Ph.D., Litt.D., LL.D.

DeLand, Florida.